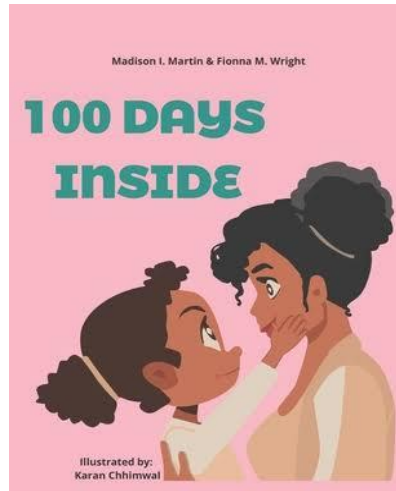


First Opinion: Inside with Mommy

Martin, Madison I. and Fionna M. Wright. *100 Days Inside*. Illustrated by Karan Chhimwal.
Kindle KDP, 2020. Print.



Francita McMichel

The Pandemic of 2020 created a shift in our daily lives. In the beginning, parents had to create a plan for how to best support their children in an uncertain world. Madison Martin & Fionna Wright write a picture book, told from the perspective of her daughter, Madison, on what it feels like to be a young child living in a pandemic. The book highlights a child's new emotions and vocabulary while living at home during the first 100 days of a pandemic. For instance, the authors utilize different colored text to highlight adjectives that describe how Madison feels about being inside where it is safe. They write, "Mommy says there is a virus that can make people really sick. When we all stay inside, it helps everyone stay safe. That makes me feel *scared* and *worried*" (Martin & Wright, unpagged).

From an adult perspective, we may not understand or be aware of the emotions that children are facing. Madison walks you into her world, a young child trying to understand attending school virtually, not visiting her grandparents in another state, a virus that can make you sick, social distancing and mask wearing. Simultaneously, Fionna writes to an audience of adults learning how to educate children on the realities of a pandemic.

The real conversations that Madison and Fionna share are moving for the audience. You begin to feel sad for Fionna, because she is an only child, who until the pandemic enjoyed

school, playdates and traveling to visit her grandparents. While Fionna is inside, she has to rely on her mom for emotional support, friendship and understanding. In this book you see the importance of talking to children about their feelings.

This picture book makes you worry about Fionna because all of her focus is on making sure Madison adjusts to their new lifestyle and routine. This made me think about the emotions Madison felt raising an only child in a pandemic, working from home with a school-aged child, and not seeing or receiving support from her parents. As a mother, I can think of many questions I want to ask Madison. How are you practicing self-care? What are your fears? What would you tell other mothers/parents who are helping their child understand the new realities that are the result of a pandemic? I would love to see another book from these two authors told from the perspective of Fionna.

100 Days Inside does a phenomenal job expressing the power that children have in their relationships with their parents, although it may be suppressed for various reasons. Most parents look back on their child's timeline and wonder where the time went. Lack of time and overloaded schedules play a role in why some parents are not able to spend a lot of time with their children. Not only does this book allow the audience to see the bond that formed between a mother and daughter, it summarizes how their relationship is encapsulated with intimate moments that may have never happened if it were not for the pandemic. The stay-at-home orders forced both Madison and Fionna to adjust to the new realities of the pandemic and channel them into mother-daughter conversations and activities where they learned from and with one another. This book also showed how writing down and sharing your emotions can support others who may have some of the same experiences.

Works Cited

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About the Author

Francita McMichel, PhD is an assistant professor, clinical faculty at Marian University in Indianapolis, Indiana. Her interests include training and support for novice teachers. Prior to

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